

## **LADDER SAFETY – TEST -A**

EMPLOYEE NAME \_\_\_\_\_ DATE: \_\_\_\_\_

This is an “Open Book” test. You should refer to the Ladder Safety information available on the Safety Webpage.

Select the choice that best answers each of the following questions.

**15 Questions** (5 pages)

**Passing Score:** 70% (11 or more correct; up to 4 incorrect allowed)

1. When evaluating the worksite in order to put up a portable ladder, what should be considered?
  - A. Walk paths and vehicle traffic
  - B. Overhead clearance to electrical wires, lighting, ductwork, etc.
  - C. Clutter, tools and materials that could result in a slip, trip and fall injury
  - D. All of the Above
  
2. What type of portable ladder is definitely not acceptable to use when working around electricity?
  - A. Aluminum ladder
  - B. Fiberglass ladder
  - C. Wood ladder
  - D. Warehouse ladder
  
3. A worker weighs 220 pounds and is wearing a work belt that with its tools weighs about 10 pounds. Additionally, the worker has a power drill and his work piece to install – another 25 pounds. Is this worker safe in using a Type I-Heavy Duty ladder?
  - A. Yes, the selected ladder is rated for 250 pounds and he only weighs 220 pounds
  - B. No, the combined weight (255 pounds) of the worker and all of the work tools and materials exceeds the 250 pound load capacity rating of his selected ladder

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4. If the portable straight ladder selected is too tall, what should you do?
  - A. Because the ladder has to be set up at a shallower angle than normal, have a co-worker secure the bottom of the ladder by “footing” it
  - B. Remove the ceiling tile and stick the ladder through the drop ceiling
  - C. Get a shorter ladder
  - D. Any of the Above
  
5. If the portable ladder selected is too short to reach your work, what should you do?
  - A. Climb to the top rung (extension ladder) or step (step ladder)
  - B. Get something to make a platform and set the ladder on it to gain the needed extra height
  - C. Get a taller ladder
  - D. Any of the Above
  
6. True or False? Ladders, like any tool or piece of equipment, should be inspected prior to use for damage, cleanliness and proper function.
  - A. True
  - B. False
  
7. True or False? Any Trades Specialist can make all necessary repairs to a damaged ladder.
  - A. True
  - B. False

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8. When a ladder is being transported by a vehicle and it sticks out beyond the front or rear of the vehicle by \_\_\_\_ feet or more, it must be flagged on the end (if transporting at night it must have a light visible from at least 50 feet).

A. 2  
B. 4  
C. 6  
D. Flagging is not required

9. When preparing a step ladder for use, its spreader brace bar needs to be locked to prevent collapse when you are on the ladder. Is the spreader brace bar in the example shown locked?



- A. Yes, the spreader bar is in the down and locked position  
B. No, the spreader bar needs to be in a slight upward position
10. True or False? The forces on a ladder are intended to go down the side rails. Therefore the optimal way to put up a straight ladder is at a  $75^0$  angle. An easy way to tell this correct angle is to use the 4-to-1 Rule where for every foot in height the ladder's base should be moved out 4 feet.
- A. True  
B. False

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11. When climbing a straight ladder to an upper work level, the ladder should extend at least \_\_\_\_ feet to provide a handhold when transitioning from the ladder to the upper level (and vice versa).
- A. 2
  - B. 3
  - C. 4
  - D. Ladder extension above the upper work level is not required
12. Which of the following is a safe way to use a ladder?
- A. Leaning a straight/extension ladder against a freestanding stack of boxes
  - B. Putting hands and feet on the side rails to quickly slide down the ladder
  - C. Carrying a large object up the ladder as you climb/descend a ladder
  - D. Having only one person on a ladder at a time
13. Maintaining a low and central center of gravity as possible helps prevent falls from ladders. Which of the following is a good example of this practice?
- A. Reaching out well beyond the ladder's side rails
  - B. Climbing down and moving the ladder over then climbing back up to reach your work
  - C. Not standing any higher than the next to the top rung/step
  - D. Not climbing on a ladder when a thunderstorm is within 5 miles
14. True or False? The Three-Point Climbing Technique, an effective way to minimize the risk of falling, means at least three limbs should always be in contact with the ladder, i.e., this would mean two hands and one foot and alternating to one hand and two feet as one climbs or descends facing the ladder.
- A. True
  - B. False

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15. Proper maintenance and storage of a ladder prolongs its life. Which of the following is a good example of this practice?

- A. Clean and lubricate regularly
- B. Do not paint; remove paint
- C. Store inside away from the heat, cold and other elements to prevent deterioration
- D. Hang off the floor using supports every 6 feet to prevent warping
- E. All of the Above

**REMINDER:** Turn this completed test into the Safety Office for grading and to receive credit for the course. Safety will inform you of your test results.